

Hot Vanilla Drink



3.2:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	39.5g	
Protein	9.6g	
Carbohydrate	2.6g	
Energy (calories)	405kcal	



Enhancing Lives Together

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Ingredients	Quantity	Your recipe
K·Yo™ Vanilla	100g	
Single cream e.g. Morrison's or Tesco	50g	
Water	50g	

Method:

1. Add K·Yo™ to a small saucepan and stir over a low heat for 2-3 minutes until a thin consistency is achieved.
2. Add cream and water, continue to stir for 1-2 minutes until well mixed and warmed through.



Always check with your dietitian what is suitable for you

- Serve with spray cream
- Add sugar-free Da Vinci Syrup for alternative flavours



K·Yo™ is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.